

2020
LEICESTER AGE GROUP MEET - WARMUP SCHEDULES

WARM UP PROCEDURES

WILL COACHES FROM EACH CLUB LIAISE WITH THE OTHER CLUB/S IN THEIR LANE TO ENSURE SWIMMER SAFETY DURING ALL WARM UP PERIODS. THERE WILL BE A MAXIMUM OF 10MINS per WARM UP including 2 MINUTES OF SPRINTS AT THE END OF EACH WARM UP FOR ALL GALAS. THE NUMBERS ARE BASED ON THE ORIGINAL CLUB ENTRY SO YOU MAY FIND YOU HAVE LESS SWIMMERS DUE TO WITHDRAWALS.

THE SMALL POOLS WILL BE AVAILABLE FROM AFTER 1st HEAT AND CLUBS ARE RESPONSIBLE FOR SUPERVISING THEIR SWIMMERS

BRAUNSTONE LEISURE CENTRE

SESSION 1 FRIDAY 6th MARCH	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	

WARMUP 1

GIRLS	18:00	18:12	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8									
			City of Leicester (max 11 per lane)		32		Modernian		11		Leic Peng (8) Braunstone (1)		9		Chesterfield (4) Co Lincoln P (2) Coalville (3)		9		Hinckley (3) Leic Neptune (3) Loughboro' (2)		8		Melton M'bry (4) Radford (3) Market Har (1)		8	

WARMUP 2

BOYS	18:12	18:24	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8									
			City of Leicester		23		Modernian		7		Radford (3) Hinckley (3) Leic Peng (1)		7		Market Har (2) Leic Neptune (2) Coalville (3)		7		Loughboro' (6) Co Lincoln P (1)		7		Melton M'bry (6) Braunstone (1)		7	

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BRAUNSTONE LEISURE CENTRE

SESSION 2 SATURDAY 7th MARCH	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	

WARMUP 1

BOYS	08:20	08:30	Loughboro' (11) 11		Melron M'bry (9) 10 Braunstone (1)		Coalville 10		Radford 11		Co Leicester (20) 20		Co Leicester (5) 10 Leic Neptunes (5)		Hinckley 10	
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WARMUP 2

BOYS	Start	Finish	BOYS				GIRLS						
			Loughboro' (5) 10	Market Har (7) 10 Leic Peng (3)	Modernian (6) 10 Chesterfield (4)	Modernian (11) 11	Co Leicester (20) 20	Leic Peng (20) 20					
GIRLS	08:30	08:40											

WARMUP 3

GIRLS	08:40	08:50	Hinckley (5) 10 Bilston (1) Market Har (4)		Hinckley 10		Modernian (20) 20		Co Leicester (19) 20 Sheffield (1)		Coalville 10		Coalville (7) 10 CarltonForum (1) Chesterfield (2)	
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WARMUP 4

GIRLS	08:50	09:00	Leic Neptune (9) 10 Grantham (1)		Melton M'bry (10) 10		Modernian (4) 10 Melton M'bry (6)		Modernian (10) 10		Radford 10		Radford (8) 10 Loughboro' (2)		Loughboro' (10) 10		Chesterfield 10	
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BRAUNSTONE LEISURE CENTRE

SESSION 3 SATURDAY 7th MARCH	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	

WARMUP 1

GIRLS	12:20	12:30	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	
			Radford 11		Radford (7) Chesterfield (3) 10		Chesterfield 10		Loughboro' 12		Leic Neptune 11		Coalville 10		Coalville (4) Hinckley (6) 10		Hinckley 10	

WARMUP 2

GIRLS	Start	Finish	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	
	12:30	12:40	Melton M'bry 11		Melton M'bry (6) Grantham(1)M arket Har (3) 10		Leic Peng (7) Market Har (3) 10		Leic Peng 10		Co Leicester 11		Co Leicester(7) Bilston (1) Redditch (1) Sheffield (1) 10		Co Leicester 10		Co Leicester 10	

WARMUP 3

GIRLS	12:40	12:50	BOYS								GIRLS							
			Co Leicester 10		Co Leicester 10		Co Leicester(4) Chesterfield (6) 10		Melton M'bry (9) Hinckley (1) 10		Hinckley 10		Modernian 11		Modernian 11		Modernian 11	

WARMUP 4

BOYS	12:50	13:00	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	
			Coalville (7) Leic Neptune (3) 10		Market Har (6) Leic Neptune (4) 10		Leic Peng 8		Loughboro' (8) Braunstone (1) 9		Loughboro' 10		Modernian 10		Modernian (7) Radford (3) 10		Radford 10	

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BRAUNSTONE LEISURE CENTRE

SESSION 4 SUNDAY 8th MARCH	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	

WARMUP 1

GIRLS	08:15	08:25	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	
			Co Leicester	10	Co Leicester	10	Hinckley (9) Redditch (1)	10	Leic Peng	10	Loughboro' (2) Leic Peng (8)	10	Loughboro'	10	Coalville	10	Leic Neptune (7) Market Har (3)	10

WARMUP 2

GIRLS	08:25	08:35	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	
			Co Leicester	10	Co Leicester	10	Melton M'bry	10	Melton M'bry (8) Leamington(1) Sheffield (1)	10	Modernian	10	Modernian	10	Coalville (5) Modernian (5)	10	Modernian	10

WARMUP 3

GIRLS	08:35	08:45	BOYS				GIRLS											
			Co Leicester	9	Co Leicester	10	Modernian	9	Modernian	8	Radford	9	CarltonForum (1) Radford (9)	10	Chesterfield	9	Chesterfield (3) Bilston (1) Grantham (1) Orion (1)	6

WARMUP 4

BOYS	08:45	08:55	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	
			Chesterfield	8	Leic Neptune (6) Coalville (3)	9	Leic Peng (7) Coalville (3)	10	Melton M'bry	10	Market Har (5) Hinckley (4)	9	Radford	9	Radford (4) Braunstone(1) Loughboro'(4)	9	Loughboro'	9

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BRAUNSTONE LEISURE CENTRE

SESSION 5 SUNDAY 8th MARCH	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	

WARMUP 1

BOYS	Start	Finish	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	
	12:40	12:50	Market Har (8) Braunstone (1)	9	Melton M'bry	10	Hinckley (7) Radford (3)	10	Radford	10	Leic Neptune	10	Coalville (9) CarltonForum (1)	10	Co Leicester	10	Co Leicester (9)	9

WARMUP 2

BOYS	Start	Finish	BOYS				GIRLS											
			LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8								
	12:50	13:00	Leic Peng	8	Loughboro'	10	Modernian (6) Loughboro' (4)	10	Modernian	10	Leic Neptune (9) Braunstone (1)	10	Co Leicester	10	Co Leicester	10	Co Leicester (7) Redditch (1) Sheffield (1) Orion (1)	10

WARMUP 3

GIRLS	Start	Finish	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	
	13:00	13:10	Loughboro' (8) Modernian (2)	10	Modernian	10	Modernian	10	Modernian	10	Radford	10	Leic Peng (5) Radford (5)	10	Leic Peng	10	Leic Peng	10

WARMUP 4

GIRLS	Start	Finish	LANE 1		LANE 2		LANE 3		LANE 4		LANE 5		LANE 6		LANE 7		LANE 8	
	13:10	13:20	Loughboro'	10	Coalville	10	Coalville (7) Hinckley (2) Leamington (1)	10	Hinckley	10	Melton M'bry	10	Melton M'bry	10	Melton M'bry (3) Chesterfield (4) Bilston (1)	8	Market Har (9) Grantham (1)	10